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ABSTRACT

Intended to help families build rewarding relationships, this set of audio tapes communicates the importance of family, shows the role of leadership in creating "beautiful family culture," and provides a frame of reference in which to solve problems. The first of the four tapes explores the concept of principles as the foundation of family, and how changing our family paradigm or world view can generate improvement in family life. This cassette also presents the metaphor of the "emotional bank account" and nine ways to make "deposits," including understanding the others' frame of reference, making and keeping promises, and learning to forgive. The remaining three tapes detail the seven habits of effective families: (1) be proactive; (2) begin with the end or goals in mind; (3) put those goals first; (4) think win-win rather than "I'm right and you're wrong"; (5) seek first to understand, then be understood; (6) "synergize" to create a third alternative or solution better than either party can devise alone; and (7) "sharpen the saw," continually giving and getting feedback on family values and traditions. (HTH)

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